

Living On The Fast Lane

COPPERKNOB
STEPSHEETS

拍數: 64 牆數: 4 級數: Intermediate
編舞者: Lisa Ferguson (UK)
音樂: Life In the Fast Lane - Eagles



STEP, BEHIND & HEEL, STEP, DRAG, SAILOR ½ TURN RIGHT

- 1-2 Step right to right side, cross left behind right
- &3 Step on to ball of right foot, touch left heel to left diagonal
- 4 Step on to left foot
- 5-6 Drag right foot to left, keeping the weight on the left foot
- 7&8 Step right behind left as if ready to turn, step onto ball of left turning ½ right and step forward on right

STEP, KICK, TOUCH, KICK, POINT, ¼ TURN RIGHT, BODY ROLL

- 9-10 Step left beside right, kick right forward
- 11-12 Touch right toe beside left foot, kick right forward
- 13-14 Point right toe ¼ to right, turn body ¼ turn right
- 15-16 Roll your body over two counts

SHUFFLE, TOUCH, KICK, RIGHT & LEFT

- 17&18 Step forward right, step left beside right, step forward right
- 19-20 Touch left beside right, kick left to left diagonal
- 21&22 Step forward left, step right beside left, step forward left
- 23-24 Touch right beside left, kick right to right diagonal

RIGHT & LEFT SWITCHES, HITCH RIGHT, POINT RIGHT, ROCK, SHUFFLE ½ TURN RIGHT

- 25&26 Point right toe to right side, step right beside left, point left toe to left side
- &27&28 Step left beside right, point right toe to right, hitch right knee, point right toe to right side
- 29-30 Rock forward on right, rock back on left
- 31&32 Turn ½ over right shoulder stepping right, left, right

TOE STRUTS X 4

- 33-34 Step forward on left toe, dropping left heel
- 35-36 Step forward on right toe, dropping right heel
- 37-38 Step forward on left toe, dropping left heel
- 39-40 Step forward on right toe, dropping right heel

MAMBO ¼ TURN LEFT, KICK BALL CHANGE ¼ TURN LEFT TWICE, CROSS RIGHT, STEP BACK

- 41&42 Rock forward on left, rock back on right, step left ¼ to left
- 43&44 Kick right forward, step right beside left, step left ¼ to left
- 45&46 Kick right forward, step right beside left, step left ¼ to left
- 47-48 Cross right over left, step back on left

STEP BACK RIGHT, STEP FORWARD LEFT, RIGHT SHUFFLE, FULL TURN RIGHT, LEFT SHUFFLE

- 49-50 Step back on right, step forward left
- 51&52 Step forward right, step left beside right, step forward right
- 53-54 Step forward left, turning ½ right, step back right, turning ½ over right shoulder
- 55&56 Step forward left, step right beside left, step forward right

HEEL JACK & CROSS, RIGHT & LEFT, STEP ¼ PIVOT LEFT, STOMP RIGHT & LEFT

- &57 Step back on right, touch left heel forward

&58 Step back on left, cross right over left
&59 Step back on left, touch right heel forward
&60 Step back on right, cross left over right
61-62 Step forward right, pivot $\frac{1}{4}$ turn left, keeping weight on left
63-64 Stomp right, stomp left

REPEAT
